

OPS budget cuts will limit repairs

Sean Kershaw

Under a severe financial burden, the state legislature recently cut all state aid by three percent. This reduction meant a cut of \$620,000 in the 1985-86 school budget.

Last April, the legislature realized that this year's state revenue would be much lower than they had expected. The causes of this decline were the poor farm economy and the recent federal tax cuts. These tax cuts limited the amount of financial support that the states received from the government.

Arguments

Instead of only raising the state income tax level, the legislature decided to cut state aid and raise state income tax from 19 to 20 percent. At one point, Governor Robert Kerrey asked for a seven per cent cut in aid, but after a great deal of discussion, he agreed to a three percent cut.

The \$620,000 cut went into effect immediately. On November 18 the Board of Education met to discuss what exactly was to be cut. The Board had no choice as to whether or not it would accept the cuts in aid. Its job was to decide where the cuts would be. Summer school, support for

food services, summer maintenance projects, maintenance equipment, textbooks, supplies and materials, and part time positions all received cuts.

According to Mrs. Sandy Kostos, School Board member, the effects will be broad but will have as little direct impact on students as possible. Textbooks will become a little worn, lunch prices a little higher, and halls a little dirtier.

"Many schools need to be painted or have major repairs. With the budget cuts we have had to postpone or cancel some of these projects," Mrs. Kostos said.

Broken promises

Reaction to these cuts has been quite varied. Mr. David Wilken, School Board member, disagrees with the cuts because they come after the legislature promised to assist public education. He called the cuts "the height of hypocrisy on the part of some legislators who have posed as friends of public education."

While Mrs. Kostos believes that the state should eventually follow through with its promise of assistance, "everyone must do their share to help out the state."



Pictograph above illustrates the recent Omaha Public Schools budget cuts. The three percent reductions may affect summer maintenance projects, maintenance equipment and lunch prices. photo by Phil Berman

Skipping causes problems for Central administrators

...neehan
School's boring to me," said Tim, a senior (the names of the students have been changed) in answer to the reason for skipping school.
According to Mark, a senior, he skips to relieve pressure.
Another reason for skipping a class is stated by juniors Robin and Kris. "The study hall is very boring."
Many Central students replied that it is easy to skip. Robin stated, "I don't write anything, I just walk out and look around like crossing the street."
Tim stated his method of going to the room and then leaving for the rest of the day.
As to the question of whether it was easier to skip in the morning or afternoon, a senior, said it was easier to skip in the morning "because you don't feel like getting up and when you do get to school you can get a late or tardy slip."
Donald, a junior, had a different opinion on the subject. "I walk out at lunch and just get a note the next day."
Most of the students agreed that skipping can become habit forming. "The first

time you skip you're scared, but once you make it, skipping becomes a lot easier than the first couple of times," said Donald. The students also stated that they usually end up going home, to a friend's house or walking around downtown when they skip.
Many Centralites are naive about the disciplinary actions that follow skipping. According to Mr. Jim Wilson, assistant principal, "We use the student handbook as the guideline on truancy. We have an option to modify these guidelines. For example, the handbook calls for in-school suspension with a first offense, but we just require a parent-teacher conference because we don't want the students to miss any more school."
Dr. G. E. Moller, Central principal, outlined the course for disciplinary actions by saying, "The first offense a parent-teacher conference is required for the following morning. The second offense could result in another conference and a five-day suspension."
"A third offense would result in an in-school suspension of five to ten days. If all other means fail, we fill out a permission to withdraw form, which states the case of

"Skipping just happens on the spur of the moment. You get a feeling to leave and don't look back."

the student. The permission to withdraw form goes to the Board of Education's community counselor for Central who is Mr. Cecil Stutzman. He decides with the student's parents whether the student should be withdrawn from school."
Mr. Wilson said that he sees "quite a few kids skipping, but the numbers are pretty low in comparison to the enrollment of the school." Mr. Wilson, who has worked in both junior and senior high schools, said he thought "it was more a problem in senior high."
He also said the number of students that skip usually remains "steady except for a slight increase in the spring which usually produces more of a temptation to skip."
Most students agreed with Mr. Wilson's statement about the weather and skipping. Donald said, "Spring time is better because you can head out to the park."

Tim agreed, and said that "winter is too cold to skip."
Tom, Mark, and Tim, all seniors, stated that they started skipping their sophomore year. Robin and Kris started skipping in seventh grade. Donald said he started skipping in "kindergarten."
All the students except Robin and Tim said they didn't skip more than "one or two days."
Tim said that he skipped "a week at the most."
Robin said she has skipped more than two weeks.
Donald explained that kids skip because "skipping just happens on the spur of the moment. You get a feeling to leave and don't look back."
"It seems worth it at the time to skip, but it isn't the next day," concludes Tom.

Viewpoints

Is student council doing a good job at representing the student body at Central?

Lisa Arnett, junior

"From what I see they haven't really done too much. They don't seem to have much contact with students. There seems to be a separation between the students and the representatives. Other than that, I think they are well organized."



Wes Vogel, sophomore

"Yes, they have dances frequently. Buying the clock was pretty nice. They need to plan more activities to relieve some of the pressure from school."



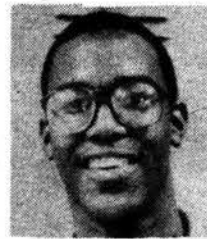
Mary Burnes, senior

"I guess not. They aren't really involved in activities. They are doing a lot, but what they do isn't publicized. They should become more involved in activities and school spirit."



Fred McCullough, junior

"Yes, I guess they are doing all right. They try to do the best that they can. I appreciate the new clock that they purchased."



Dan Wolford, senior

"At this moment, yes. They ask people what they want, and they know the students well. They should get more involved in school spirit and planning activities for each class."



John White, sophomore

Yes, they are. So far they have done a good job at keeping things in order. They should plan another dance."



photo by Mary Turco

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Education: Success hinges on financial support, not cuts in aid

It was a little over two years ago that the government declared war: not a war against another country, but a war against ignorance. "Excellence in education" was the battlecry as state legislators sent school districts out onto the battlefield to strengthen graduation requirements and defend the basics.

After school districts invested money in these programs, the state legislature decided to cut state aid for education, leaving the schools stranded. Is this "excellence in education"?

In order for the quality of education in this country to improve, it is going to take more than lip service by the governor or state senators; it is going to take a commitment to provide the financial support that is necessary.

Faced with severe budget problems due to a decline in revenue, the state legislators cut state aid by 3 percent and increased the income tax from 19 percent to 20 percent.

OPS has to cut \$620,000 from its present budget. Summer

"We are putting off or cancelling repairs and innovative new programs."

school, maintenance, textbooks, and supplies all received cuts ranging from \$50,000 to \$150,000.

While the cuts are only one-half of one percent of the total budget, it is clear from looking at what had to be cut that the budget did not have any excess.

"This is strictly a maintenance budget," Mrs. Brenda Warren-Council, president of the Omaha School Board, said. "We are putting off or canceling repairs and innovative new programs. It becomes impossible to go beyond the bare essentials."

Education is in no way another state program that can be put on the cutting block like all of the rest. It isn't a road project that can be put off a year, and it isn't some unnecessary state committee that should have been cut a long time ago.

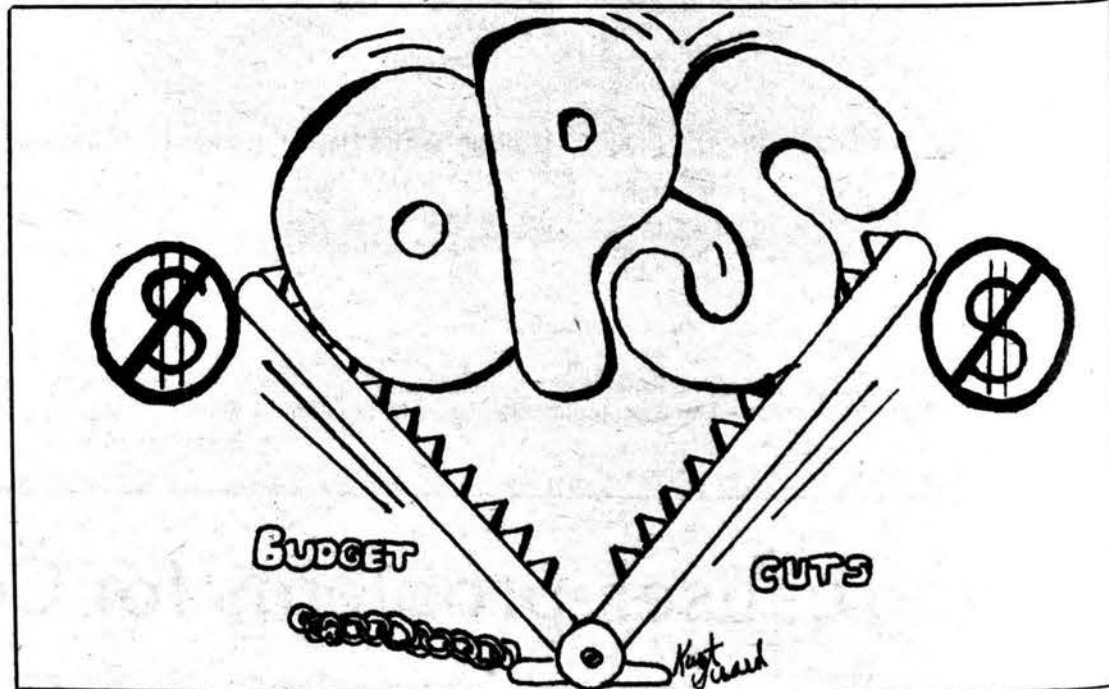
"If public education is to improve the learning opportunities for the young, increased fiscal support is a must and a given,"

Dr. Norbert Schuerma superintendent of OPS, said.

Why should schools be given only enough money to get by? Isn't education worth more than that? Few people realize how much a school can provide simply because schools are given the money to provide extra services.

The answer to this problem is uncomplicated and easily obtainable. Schools rely almost entirely on property tax revenue. It is time to look elsewhere for money. According to Mrs. Warren-Council, one percent increase in state income tax alone would also provide extra revenue.

The \$620,000 cut is drastic, and it won't destroy educational possibilities in Omaha, but it is a sign that the public believes that education can be maintained with decreased financial support. Education may be able to "get by," but are people willing to settle for second best?



Student council and student body Communication hinders cooperation

Lack of communication is a two-fold problem for student council and the student body. The student council does not know what the student body wants and the student body does not know what student council does.

Clean courtyard

Currently, the student council is working on keeping the courtyard clean during the lunch periods to prevent the closing of the courtyard during lunch. They have made posters, put warnings in the bulletin, and had announcements on the public address system.

Student council is also working with Central's Adopt-A-School partner, Internorth. On December 18, they attended a

conference where the National Commissioner on Energy from Washington D.C. spoke.

Many students may see the administrators as a barrier, keeping student council from planning certain activities. It is, however quite the opposite.

All activities sponsored by the student council must be approved by either Central administrator Mr. Jim Wilson or principal Dr. G.E. Moller, but this does not pose a problem, said Mr. Paul Semrad, student council advisor.

He remarked that student council does not view the administrators as obstacles but advocates.

Whatever the student council does, the news does not seem to

reach the student body. The student council organizes many activities, but the student body does not realize this.

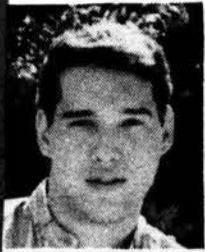
Suggestion box

"It's hard to reach 1900 kids there are probably ideas out there, but they're not coming to us," said Mr. Semrad.

Becky, expressing her concern, said, "The student council doesn't know what the student body wants us to do."

Although this statement may be true, it is precisely what student council was elected to do. When the student council communicates more effectively with the student body, the problem of lack of knowledge with both groups will be solved.

Holidays bring memories



That's the Way It Is

by
Todd Peppers

at the time, pulled over the Christmas tree and managed to break about forty decorations. I was furious and threatened to feed her to Santa's reindeer, but dear old Dad told me I could only give the reindeer cookies. That was the year I ate all the candy canes off the tree and was sick for two days. I always think with my stomach.

"I . . . threatened to feed her to Santa's reindeer . . ."

"I'm dreaming of a white Christmas, just like the ones I used to know . . ."

Alright, my voice doesn't sound like Bing Crosby's — but Todd, that gruff senior who acts like Scrooge to all the sophomores, is full of the Christmas spirit; even have a couple of sophomores on my Christmas card list this year.

Matter of fact, I've been in the Christmas mood ever since Brandeis put up their Christmas tree display around the 1st of October. I didn't go "trick-or-treating," I went Christmas shopping.

Christmas seems to mean different things to different people. The first thing I look forward to is watching the Christmas television specials. Don't laugh, I get misty-eyed every time Rudolph, after having the entire North Pole make fun of him, gets to lead Santa's sleigh into the starry night. My favorite Christmas show was the one with the two crazy characters "Snow Miser" and "Heat Miser." Remember that song and dance they did?

The next event I look forward to is selecting the Christmas tree. We don't get our tree at Hinky-Dinky, we chop down a real, old-fashioned Christmas tree at a farm in Blair, Nebraska. We always seem to have problems with our tree; no year is complete without some mini-disaster. The biggest accident struck when my sister, who was two

The year after that to give Santa a new treat I put out pizza and Coke on Christmas Eve instead of the traditional milk and cookies. Being an intelligent five-year-old I didn't bug Mommy to make a pizza, I picked up the phone and ordered one—Mother was not amused.

My favorite Christmas was our Arizona holiday a few years ago. My little cousins, who were on the trip with us, woke the entire house up with their toy trumpets at four in the morning, and everything went downhill after that. My darling female cousins, who were five, four, and two at the time, managed to open all of MY Christmas presents, tied the dog up with Christmas ribbons, and poured all of Grandpa's special eggnog down the toilet. I felt like I was part of a cheap horror film, something like "The Christmas That Never Ended." It was my favorite Christmas because of the perfect suntan I got. My friends hated me for a week.

Whoops, have to go — the "Charlie Brown Christmas Special" is on in five minutes. Have a great Christmas and a happy Hanukah, and remember not to pull over any Christmas trees.

Thoughts accompany wait

agony. It's the same story every time.

Carleton College



Afterthought

by
Vina Kay

I wonder what's happening in Northfield, Minnesota, right now, I thought. I wonder what they think of me at Carleton College. I wonder if they've made a decision yet.

For four weeks these thoughts kept churning around in my head. I would go from a dreamy state to being on the verge of a nervous breakdown in less than five seconds. Why should I have to submit myself to such terror?

We all know the answer to that. A long time ago someone must have decided that the most nerve-racking, fist-clenching, knee-shaking thing he could do to someone is to make him wait. A slow, agonizing wait.

All night studying

You know exactly what I mean. Think about that test you stayed up all night studying for. You take the test, but you're not really sure you did well. The teacher spends a good two weeks correcting the tests, while you spend a good two weeks wondering how you did. You imagine how you would feel if you had done well—ecstatic, proud, relieved. Or you imagine the feeling of failure—all that time wasted studying for this.

The day finally comes, and your teacher lays the corrected paper face down on your desk. You stare at it for a few seconds. Then you put both hands over it so that someone doesn't grab it to see what you got. Then you lift up one corner carefully with your hands cupped over it so that no one else will see. Then you breathe a sigh of relief or you cover your face in

I made up all kinds of scenarios for my reaction to the reply from Carleton. The possibilities are endless — especially for a denial. First of all, I would not allow anyone else besides me to get the mail from the mailbox. It would mess everything up if I didn't go to the mailbox. I would open the box slowly and immediately see the long, white envelope with Carleton College printed on it. Then I would walk slowly to the house and sit on the front porch (there's one problem with that — snow). I would open the letter and read it carefully.

Denial -1: I do the standard crying routine. I know it's kind of whimpy, but it works. Everyone feels sorry for me, and I quit doing homework for the rest of the year.

Denial -2: I take the tough kid athletic approach. I run around the block three times and pretend I don't really care.

Denial -3: I become the silent type and don't talk about it at all. It never comes up in a conversation because everyone is afraid of upsetting me. I completely immerse myself in other activities. I like this approach the best.

Acceptance: I know exactly what I would do. Everything is planned out. I probably cry, laugh, and jump up and down. I tell my parents. Then I run to my best friend's house and tell him. I would be incredibly happy and relieved because everything is finally set and I wouldn't have to worry about anything else.

I'm sure you've all been through the same thing — waiting for a letter, waiting for your birthday, waiting for a phone call from that special someone. It seems agonizing at the time, but nothing beats that feeling when it finally arrives. Then you realize how rewarding that anticipation was and how precious it made the result seem. Life, with its many surprises, is kind of like a good book. Maybe that was the reason for the advice Wilkie Collins gave to Charles Dickens—"Make 'em laugh, make 'em cry, and make 'em wait."

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Season's Greetings from the *Register* staff!

In Brief

Christmas Prom will be held on Monday, December 23, at Peony Park Ball Room from 9 p.m. to 12 p.m. Doors will be open at 8:30 p.m. Tickets are 13 dollars in advance and 15 dollars at the door.

National Honor Society committee members chose sophomore Corey Neel, junior Valerie Spellman, and senior Wayne Palmer as December students of the month.

Student council erected a holiday tree of lights on December 9. School clubs and extracurricular organizations helped decorate the tree in the courtyard on December 10. Student council collected money during lunch periods, and for every five dollars they received, one light was lit. The money will be given to an elderly couple to help pay for their heating bills.

National Honor Society will have a post-Christmas party on December 27 at 7 p.m. Alumni from Central will be invited to talk about their college experiences and answer questions the members may have about college.

The debate team of Jo Krell and David Weill, seniors, and the team of Joel Johnson and Molly Kinnamon, juniors, won their divisions at the Millard South Debate Invitational on November 22 and 23. Over 30 schools participated and approximately 20 teams competed in each division.

A Cappella presented a talent show on December 14. The show, entitled "A Night With A Cappella," was held at Morning Star Lutheran Church at 7:30 p.m.

Latin Club sponsored a Turkey Raffle during the weeks of December 9 through the 20. The money will be used to buy two 50 dollar gift certificates for food. This gift certificate will be given to Mrs. Thomas, Central's nurse, and she will distribute it to two needy families. The tickets were sold for 25 cents and the winner of the raffle will win a 20 pound turkey.

Drama Club members sophomores, Susan Diemont, Susie Peppers; junior, Lisa Arnett; seniors, Kurt Hubler, Toni Koob, Todd Peppers, and D.C. Pulliam, presented a play about prejudice on November 22 at the Jewish Community Center.

Senior Student Council members recently presented Internorth, Central's Adopt-A-School partner, with an oversized thank you card. Central thanked Internorth for its decision to retain their corporate headquarters in Omaha. Internorth has helped Central programs such as the Academic Decathlon, and the promotion of teacher recognition.

Many misplaced items turn up at lost and found

Mike Meehan

"Where did I put my keys and gloves?" Questions like these can be heard from students who have lost or misplaced some article or another. To help combat these personal losses, Central's lost and found collects various unclaimed objects in hope of returning them to their rightful owners.

Originally, the lost and found was in the school book store under the supervision of Mrs. Lynn Tabor. According to Mrs. Tabor, a large number of items are collected ranging from "jackets and gloves to prescription glasses and retainers."

Mrs. Tabor stated, "If someone loses something, they should check here first before going to the main office." The book store is open until noon and reopens at 12:30 p.m. until it closes at 1:10 p.m. Mrs. Tabor also said, "Students can sometimes come after school to room 133."

String of questions

When a person tries to claim an article from the lost and found, he will be asked a string of questions to identify the object to ensure it is given to the rightful owner. "The main office will call students down if the article has a name or other identification on it," said Mrs. Tabor.

All unclaimed items are held until the second week of August of the following school year, and if they are not claimed by that time then the clothes are sent to the Omaha Education Association or the Salvation Army. The glasses are sent to the nurse and the books to the teachers.

Retrace steps

"If you lose something expensive like billfolds or purses, retrace your steps first and looking in the trash can, wastebasket, or restroom," said Mrs. Tabor. And if that doesn't work "you can put a message in the circular," she said.

Fines a problem for both students, school

Don Benning

Students owe over \$5,000 in fines to Central High School said Dr. G.E. Moller, principal. The fine list published last month covers fines from the past three years.

It seems that even more money is owed to the school than what has been reported. Several students have fines, but their names have not been placed on the list. Damon (not his real name), a senior, said, "I owe over \$40 to the school for candy sales and uniform costs."

Several students questioned said they owe money for various things, but for some reason, it has not been reported.

Fines this year include things from lost books and candy money to athletic equipment and lost music. "I received a fine for a book I never lost, but there is no way to prove it so I am stuck paying a \$15 fine," said one student.

Fines each year seem to be increasing. "Students obtain a fine and keep putting off paying it, acquire more fines, and find themselves in a hole—an excessive fine," said Dr. Moller. Several students posted on the list have fines exceeding \$75.

Dr. Moller said he would like to see the fines paid as soon as possible. Most students, however, do not pay their fines until it becomes an "inconve-

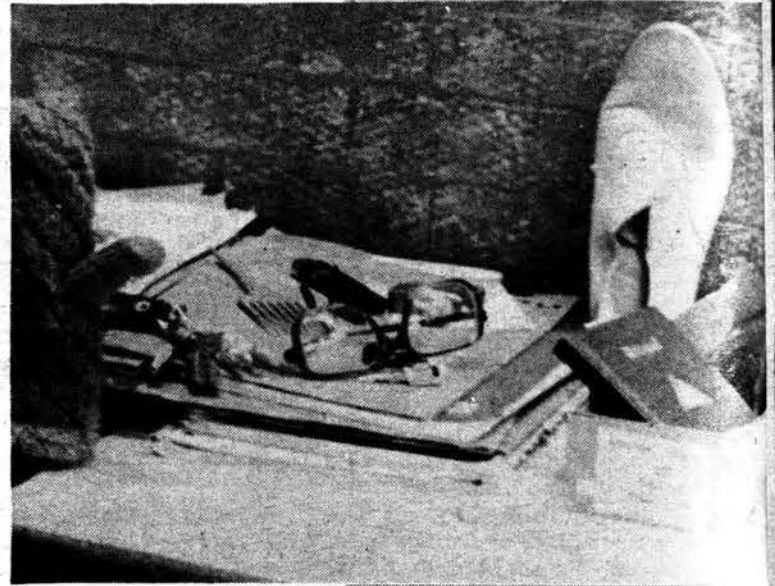


photo by Mary Turco

These are just a few of the items found in Central's lost and found. After a year the items are given away.

Students obtain a fine and keep putting off paying it, acquire more fines, and find themselves in a hole — an excessive fine.

nience." One student said, "I don't plan on paying my fine until I need to graduate." This seems to be the opinion of many students with fines.

Dr. Moller has issued a new policy to handle outlandish fines. At semester, report cards are held and will not be given out until the fine is paid, and a warning is issued on quarterly report cards. In addition, college transcripts will not be sent out until the fines of the individual have been cleared.

Dr. Moller said that eventually all the money should be paid if the students wish to receive diploma. According to School Board policy, if a student has fine, the school cannot deny the student's right to graduate but can withhold the diploma. However, students do not seem to be taking fines very seriously. "This is a very serious problem," said Dr. Moller. "I wish students would pay their fine before the year's end or before it gets harder and harder to pay them by graduation."

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1985 decathlon team practices

Central's 1985 decathlon team smiles at hopes for a trip to Los Angeles, California, during the first week of April. The team members include (first row, left to right): David Pansing, Eric Severin, Gordon Pioreschi, Wendy Novicoff, Adele Suttle, (second row, left to right): Denise Wenke, Anita Barnes, Kate Madigan, Rachelle Wzykowski, and Bill Carmichael. Before going to the national competition in Los Angeles, the team must first win the local competition at Omaha South High on February 22.

photo by Val Spellman

CHS students perform in ballet

Kurt Hubler
Seniors Mia McSwain and Barbara Poore and Michael Hargreaves, junior, are Centralites who are actively involved with the performing arts in Omaha.

All three are apprentices with the Omaha Ballet and perform in the company's annual holiday production of "The Nutcracker" by Peter Tchaikovsky.

But this year promises to be a different and exciting one for the ballet because they will be taking the production on the road to Stamford, Connecticut, for performances starting on December 16.

Touring the east coast
"Our ballet director, Mr. Robert Vickery, used to be in charge of a ballet company in Connecticut and was asked to come back and direct a production," Mike said. "But he said he

would be more willing to take a cast from Omaha and present them over there instead."

The Omaha Ballet tours "The Nutcracker" locally throughout Nebraska, but this is the first time it will be taken to the east coast, a factor that seems to generate enthusiasm.

"I am really excited," Barbara explained. "It is a great opportunity for a dancer to go on tour to the east coast, especially to a place that is close to Broadway, in New York City."

Dancing snowflakes

The students have multiple roles in the show that range from dancing snowflakes and flowers for Mia and Barbara, to a China Man and Rat King for Mike.

"We are all really happy," Mia said. "This is going to be hard work, but we all have fun being together."

For Mia, 1985 marked the

sixth consecutive year that she has participated in "The Nutcracker," while this is Mike's eighth year, and Barbara's tenth.

'Feel like a star'

"People look up to you," Mike added. "For most of the people in the audience, this is the only ballet they are able to see, and they appreciate it so much you feel like a star." "There will not be much time to study while on tour," Barbara said. "But most of our teachers understand and consider this to be very worthwhile."

Mia, Barbara, and Mike will be home in time for Christmas Eve, but on Christmas Day, it is back to Stamford for a few more shows. They will return to Omaha on December 30.

"I have never been to Connecticut," Mia said. "But I am sure this will be a unique experience."

Alissa Lawson

Imagine any Saturday morning at 7:30 a.m. Most Centralites are still asleep. For some it is time to prepare for work. But for six Centralites, it is time to prepare for symphony practice.

Juniors Stephanie Beerling, Liz Hazen, Alissa Lawson, Jenni Lexau, Kirsten Lillegard, and Tim Stohs are all members of the Omaha Area Youth Symphony (OAYS).

The symphony consists of high schoolers ranging from freshman to seniors in the Omaha-Council Bluffs area. On mainly Saturday mornings, students from Fremont, Council Bluffs, Bellevue, Millard, Plattsmouth, District 66, and Omaha Public Schools go to the UNO performing arts center for practice at 9 a.m.

The orchestra plays music from many different composers ranging from Mozart to Copland and Tchaikovsky to Beethoven. The orchestra also does some contemporary songs, as the medley from "Westside Sotry" to "River City Round Up Theme" to "Oklahoma."

They work for three hours on Saturday mornings or Sunday afternoons together, not including sectionals, individual practice, and other private lessons. Most OAYS members participate in their school orchestra, band, or take private lessons. All this work helps in performing concerts at River City Roundup, tours and the final concert at the Orpheum theatre.

Fundraising is one of the main projects of being a Youth Symphony member, whether it comes from selling season concert tickets or performing at Playathon. In the 24 hour playathon symphony, members get together with Youth Philharmonic and perform many different forms of music, with breaks every two hours. Liz

Omaha Youth Symphony prepares for concerts

In the 24 hour playathon, symphony members get together with Youth Philharmonic . . .

Hazen said, "We go play for a certain amount of time with guest conductors and soloists. It's kind of fun."

The hard work of fundraising pays off when OAYS tour comes around. Tour is when the Youth Symphony goes out on the road and performs in different cities in the country. They have performed in the past in Seward, Minden, Grand Island, Geneva, Philadelphia, Washington D.C., and New York. This year's tour will take them to Chicago for a week. Stephanie says, "It's a fun time to meet other symphony members and play for people who probably wouldn't hear concerts like this otherwise."

In the future, there is also a possible plan for a tour of England, Scotland, and Wales. It would take a lot of fundraising, though, and for most members, things aren't optimistic.

Liz commented, "It would be fun and a good experience, but we probably won't go for a long time because of the Chicago tour this year. I don't see it happening before I graduate." Stephanie, a sophomore at Central, also doesn't foresee it in the near future. "It would be a great experience, naturally, and I would love to see it happen. But, we probably can't get the grants to go."

All in all, they all agree that Symphony is a great orchestra to be in and experience. There are approximately 95 members in the Youth Symphony program. As Alissa Lawson put it, "It's a great way to get to know people and learn great music."

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Religion



Opinions divided over holidays

Margi Shugrue

"Merry Christmas, have a nice vacation!" "Happy Easter!" Common season greetings like these are often heard during Christian holidays. School vacations always take place over Christian holidays. But what about the Jewish holidays of Yom Kippur and Hanukah? School is in session these days.

Mr. Dick Jones, Central assistant principal, said there were not enough students affected to dismiss all of the Omaha Public Schools. He has received only occasional complaints concerning activities which take place on Friday night, the Jewish Sabbath.

Officially excused

Steve Zabin, senior, said, "The present system is working fine as long as we get excused." The absence is counted against the ten-day absence policy, until the end of the semester when they are excused.

Mr. Jones said, "When a student is not physically in class, he's absent." But he did add that the holiday was officially excused.

The public schools should be excused for two major holidays, Yom Kippur and Rosh Hashanah, according to Allen Klopper, sophomore. "It upsets me that Christian holidays are excused and our important religious holidays aren't," he said.

"I think there should be school on our holidays, but there should also be school on Christmas," said Mrs. Marlene Berstein, Central English teacher. She always takes off the holidays but makes them up over vacations. She emphasized the commandment "Remember the Sabbath and thou shall keep it holy" because

so many activities take place on Fridays and Saturdays which she feels is unfair.

Jori Berger, sophomore, said, "It's ok for activities to take place on Fridays." She said that many families are more flexible and allow their children to attend games or partake in musicals that occur on the Sabbath.

"We can't expect the school to cater to everyone, we are the definite minority," said senior Wendy Novicoff concerning extra-curricular activities and Jewish holidays. However, she feels that nothing of major importance should happen on these days, especially tests. She objects to the currently scheduled graduation date which is on a Saturday afternoon. "It's not fair to have a member of the Jewish faith make a choice between the sacred Sabbath and graduation."

Empty Movie theaters

Wendy is also bothered by the Christmas season. She is a member of CHS Singers and must sing many songs that she does not believe in during the Christmas concert season. She also does not like Christmas because the whole city shuts down.

Steve said that Christmas bothered him in grade school because of the holiday performances they were required to do. Now he has become used to the Christian holiday festivities. He likes how everything is shut down and goes to a very empty movie theater on Christmas Eve.

Neither Christmas nor the non-release regulations bother Jonas Batt, sophomore. He feels most of the Jewish students learn to accept the differences that accompany the Jewish faith.

Religion plays role

Todd Peppers

Plaid uniforms, stern nuns watching over quiet classroom church services once a week—these stereotypes are mentioned when teenagers are asked what they know about private schools. Underneath all the stereotypes seems to run the common thread of religion and the misconceptions that many students seem to harbor about the religious nature of private schools.

"The religious aspect at Duchesne bothered me because it was forced on me," said Central junior Kammie Kuhlman. Kammie attended Duchesne for two years and did not like it.

Joe Fogarty, a Central junior, attended Creighton Prep freshman year but came to Central because "I wanted a different cultural variety, and I wanted to be exposed to the real world." He went to Creighton Prep because it was a family tradition. His brother John became the first Fogarty not to go to Prep because of the strong emphasis on religion. It wasn't as strict as I attended Saint Margaret Mary, but religion was still a major part of that school."

Religion, although it is not a part of normal classroom activities, plays a major role at Creighton Prep. "You have to take a religious course every year," Joe said, "and every year you have to go to a religious retreat. The religious retreat was incredible; it was extremely centered on one religion and was basically a meditation weekend."

Mrs. Susan Stein, chairman of the English department at Creighton Prep, serves as a chaperon every year for Prep's religious retreats. Mrs. Stein has taught at private schools Creighton and Brownell-Talbot and did her student teaching at Central School. Mrs. Stein noted that students are not the only ones with religious requirements at Prep, teachers also have religious obligations.

"I am supposed to go on retreat once a year, but it's flexible for the time of year which makes it pleasant," said Mrs. Stein. "I hold Mass once a week, and teachers are either assigned to the hall or go to Mass. School starts every day with prayers over the public address system; if you are walking down the hall, you stop until the prayer is over."

Mrs. Stein noted that "Creighton Prep is run by the Jesuits and only 24 Jesuits are involved in the school. While the Jesuits control

Students influence

Vina Kay

With the many decisions Central students have to make, a decision about religion may not seem very important. But to several students, this decision has had a significant effect on their lives.

One such student is David Havelka, junior. "Although my parents had a big influence on me before I was confirmed, my decision to be religious now is my own," said David who attends Kountze Memorial Lutheran Church.

Religion should have a strong influence on young people according to Mr. Russell Johnson, a chaplain of the Order of St. John at Kountze Memorial Church. "With the world condi-

tions the way they are, a strong moral background is necessary."

"Religion is a refuge in a world weighed down with problems," added David. "It gives me reassurance that there is something out there for the world."

Self-respect

For Julie Weiner, senior, attending Beth Israel Synagogue, religion has provided her with a place where she feels she can be herself. "I've gained self-respect and have learned to set certain standards for myself."

The opposite is true for some students. When she turned 18, Sarah Fitzsimmons, sophomore, was allowed to decide whether she wanted to continue with

Church vs State: controversy brews

Jennifer Katleman

With the trial date growing closer for a lawsuit against Westside High School, the church versus state issue has sparked questions in the minds of religious organizations that meet at Central.

Although the First Amendment of the Constitution states that Congress will not make laws prohibiting or instituting any certain religion, the recently developed Equal Access Law challenges this amendment.

In the case of Bridget Mergens, now a Westside graduate, she wanted to organize a Bible club that would meet at the same time as other clubs. The school administration refused, and her lawsuit against them started.

According to Central principal Dr. G.E. Moller, the Equal Access Law is a "federal law that says schools must give space and time to religious organizations that want to meet." One way a Central employee could violate this law would be to take an active part in leading the organization, Dr. Moller said.

Last school year, Jenna (not her real name) asked Central's administration if she and some friends could start a Bible study group. After the initial okay from the administration, the support group began discussing different parts of the Bible. The six-member group meets once a week during their lunch period.

Currently, Jenna said, the group is discussing spiritual revelations. If they do have different interpretations of what a particular section means, Jenna said, "anything we differ on isn't going to divide us."

The group is non-denominational, according to Pam (not her real name) a senior and Bible study group member. "Everyone views religion in a different way," she said. "I wouldn't feel comfortable forcing my religion on anyone."

Groups such as this need not be entirely religious to have the privilege of meeting at Central.

"Most of the stuff we talk about in the Fellowship of Christian Athletes (FCA) is in reference to the Bible," said senior Dan Sitzman, president of the FCA that meets at Central. Besides instilling Christian

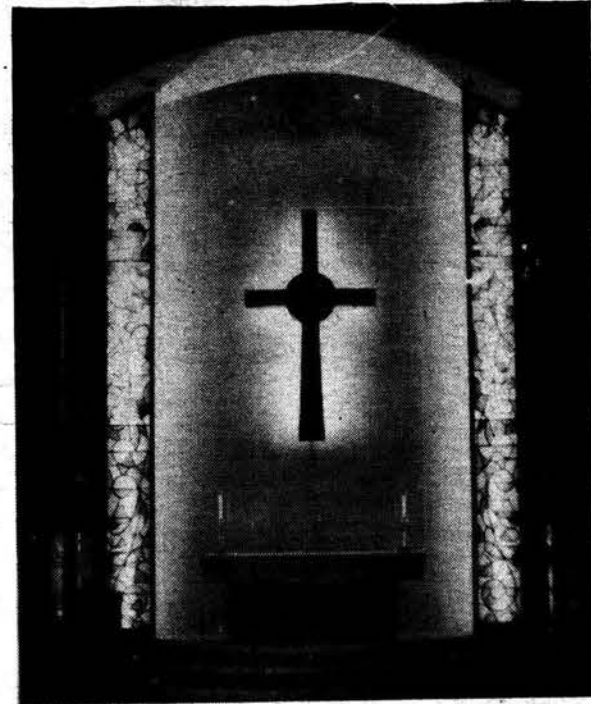


photo by Tim Combs

morals, the group does "fun things" like attending state conventions and playing frisbee golf, he said.

Mr. Jim Martin, Central math teacher and FCA sponsor, said "The Equal Access Law allows religious organizations to meet in school as long as it doesn't interfere with school time."

The FCA tries to meet once a week, but Mr. Martin says, "They have not been as active as in previous years." He explained that most FCA organizations do not meet in school, but at night. Because the group meets in the daytime, Mr. Martin says that it's hard to develop "real good relationships and a sense of belonging."

"Part of the problem," said Father Michael Gutsell of St. Robert's Catholic church, is that the First Amendment is not very well understood. "All it says is the national government should not establish or prohibit the worshipping of a particular religion."

"Let's face it," he said, "there is going to be prayer and religion in public schools as long as there are tests," Father Gutsell explained, "because in a sense there's no kind of law saying a student can't pray for a good grade."

tion

Private schools

of the faculty, this represents the highest number high school in the nation." about religious requirements for students, Mrs. Students have to take theology for four years. What is the classes are used to help people think about codes of ethics. The religious focus at Prep is not also have courses like world religion which develops religions."

ure to all religions that made teaching at a private g for Randy Srb, who taught French at Brownell- teaches at Millard Central Junior High School. "The were interesting because I was exposed to different of Islam and Judism that I never knew before." nell-Talbot also attended Chapel once a week, and bothered me at times because I wasn't moved by because it seemed to be missing a point. We did ection of religions, but there are common every religion that the services seemed to miss." tchard, Central debate coach, taught at Marian for marked, "Marian had Mass on Holy Days, and it ause you were forced to go."

ommon belief among many people that because ture of a school there are less discipline problems, "If discipline is stronger in a private school it is igion, but because of the family orientation in the hools have close contact between the students and ch makes for more awareness and caring." grees with Mr. Srb and said, "I think discipline in othing to do with religion but with the fact that it ol." Ms. Pritchard added, "There is no less of a n in a private school, but it has to do with so many

ne main core of many private schools in Omaha, courses like many classes in a public school set- to extend beyond high school and provide a ound of the student's life. "The goal of Creighton Prep courses," said Mrs. Stein, "is to produce leaders ty."

by religion

ally don't get " said Sarah ohn's Catholic that I didn't " she explain- ke the way it e."

junior, who an agnostic, on has no in- y father is a d my mother ever felt any to a particular ded that she has any need when I was a need for it ends went to families. Now what I want."

Casey Kennelly, director of the Young Adult Ministry for the Archdiocese of Omaha, added that young people today have more freedom than they did 20 of 30 years ago. "The reaction to any involvement in religious activities was not as positive as it is today. Now it's not abnormal at all."

Freedom

While the attitude towards religion varies among teenagers, they do seem willing to accept the beliefs of their peers. Despite her decision to quit going to church, Sarah said, "I am more open-minded to other religions. Everyone should have the right to their own beliefs."

Students play in local rock bands

Kurt Hubler

"I wanna be a rock and roll star!" and that is exactly what music personality Eddie Money said and did.

It is also what countless other people say they would like to do with their lives, and Central students are no exception.

Punk rock movement

Senior Paul Moerke is a guitarist for a local hardcore band called RAF.

Hardcore is the most criticized type of music in the punk rock movement because guitar rhythms are played loud and very fast, and its lyrics, which are mostly political, are usually shouted above the music, rather than sung.

"Some friends of mine and I would meet at other shows and talk about starting a band," Paul said. "Then about a year ago we did our first show in a church gymnasium a week before we were ready."

"Punk is on the rise in Omaha, and I like to feel I am helping it continue. We appeal to all types of people because we have a meaning behind our music," said Paul.

Paul credits his success to being in a local band, because of the additional experience he has gained over RAF's existence.

"I have learned that there are good and bad bands," Paul explained. "I mean we were really bad when we first started, but I do not plan to keep playing this type of music forever, it is just a phase through my musical career."

RAF has performed locally at the Howard Street Tavern, and recently at the Omaha Music Hall, when they opened for the Dead Kennedys, a punk band from Los Angeles in front of over 1000 people.

"People were yelling, running into each other, and just having fun," Paul said. "We knew the promoter of the show, and he really likes our music, so we got to be the opening act for the concert."

Double You

Bill Guilfoyle, junior, is a member of yet another hardcore band called Double You.

"A friend of mine wanted to start a band," Bill said. "He wanted me to play drums for him, but I had no idea how, although after a week of practicing he said I was ready."

Bill described how Double You tries to get its message across.

"We express beliefs in a positive way," he said. "Most of our lyrics are about personal experiences that members of the band have had."

Double You has performed at private parties, but plans are now under way for their first public performance at a local social hall.

But Central students are not involved in just punk bands; seniors Tim England and David Hughes set their sounds to that rough and loud brand of rock and roll known as heavy metal.

"I started with a band when I was a freshman," David said, "but we soon broke up. Then a friend and I started our own with me playing guitar."

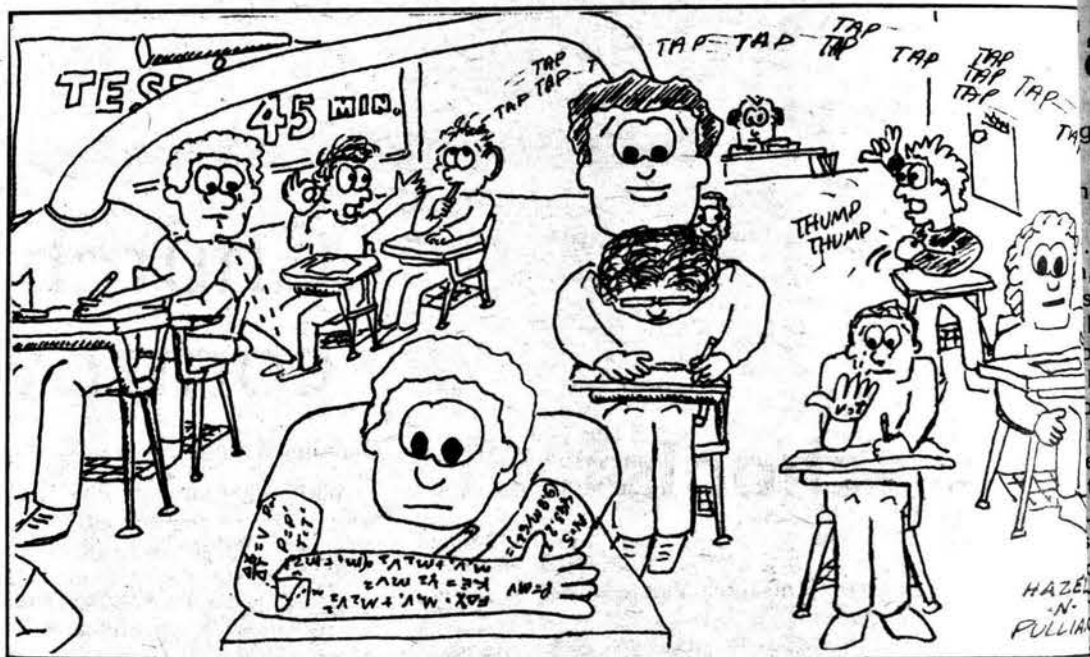
Nightmare

Nightmare, the present name of their band, includes Tim on the bass guitar, and David's brother Chris, a Central junior singing the lyrics.

"We have a lot of offers to play at parties," David said. "We normally play at my house when I have a party and about 100 people will show up to listen."

"People that know us, or have seen us perform, want us to teach them how to play because they like our music," Tim added. "The music is pretty complex and has to blend just right."

"We are working on some songs of our own. The thing is that it is hard to not sound like somebody else," concluded Tim.



Cheating: an academic epidemic

Margi Shugrue

"Gee Robby, I was so busy last night, I didn't have time to study for the English test."

"That's okay just make a cheat sheet or look off Thelma's paper in front of you. She probably studied for hours."

Are these comments common or are Central students trustworthy?

"Students who cheat have cheated themselves out of the learning process," said Mrs. Carol Valdrighi, Central history teacher. In order to control cheating in her class, she gives essay tests and short term papers. She allows regular tests to be retaken because she feels it takes longer for some students to learn and memorize facts.

Cheat sheet

One student, Mary (not her real name) cheats because it is easy to do if she does not have time to study the night before a test. "Many teachers think that their class is the only one we have to study for; this is not true. That's why a cheat sheet helps out once in awhile." Mary said she thought almost everyone cheats at certain times.

Anne, a student who does not cheat, becomes aggravated

when she studies all night and the person sitting next to her gets the same grade with the aid of the answers written on a piece of paper carefully tucked in their pocket.

"I get angry because people who have worked hard and studied are taken advantage of by those who cheat," Anne said. If someone asks her for answers, she acts as if she did not hear them or motions that the teacher is looking. "I know I'd feel better if I told, but I can't bring myself to do so."

Take advantage

James said teachers do not look around enough, so students take advantage of their teachers by cheating, instead of spending hours studying.

Mrs. Glauca Hansen, Central Spanish teacher, spreads the desks out to prevent cheating. If there is cheating, she will move people. When it is obvious someone has cheated, she will immediately send him to his administrator and give him a zero for the day.

"Students should have a certain sense of what is right and wrong by now," Mrs. Hansen said. She thinks it is ironic that students who are caught become

hostile instead of embarrassed. "I recently caught a boy shouting obscenities at me."

Creative methods

Mary said students become more creative in methods of cheating. Students write on their clothes, place cheat sheets in calculators, purses and wristbands. "I don't feel severely punished, it would be different," she said.

Mary revealed that on her class finals last year, three people had copies distributed, and the teacher just thought they studied extra hard.

Mr. Jim Wilson, assistant principal, said he has only had parent-teacher conferences concerning cheating. "It's up to individual teacher how treated, particularly if it's first offense."

"I rarely ever cheat and never to in college. I feel will be on my own and have pressure so I will study my way through college. I thought I would have to wouldn't go at all," said De



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Farming crisis affects students

Shugrue

plains...the sidewalks. skyscrapers..the silo. The tractors. Students raised and educated in such as Omaha may not be with the meaning of the "skan Good Life" outside its.

teen percent of Nebraska's population are farmers, and almost an equal 23 percent of the population are employed with directly related to agriculture. Nebraska is one of the biggest producers of beef, cattle, and corn. Thus, the state is also drastically affected by the current farm crisis.

Omaha oblivious to the effects of culture and difficulties of statehood foes and surrounding Midwestern neighbors?

farm crisis? I know there is concern for it, but that's not all," said Doug Topolski, a senior.

ya Beachan, senior, said that farmers are in debt, their farms are closing, and they are losing everything. She is not worried about the future. They just sympathize. All we know how to do is we're not in the same situa-

farm crunch has been caused by a tremendous overproduction of grain and a lack of reducing the selling price. Farmers may not make a profit preventing them from making loan payments.

larger cities actually pay more from lower prices. "We're not seeing the reality of the situation," said Miss Valasek, Cen-

"Farming is risky. One never knows the outcome. Nature dictates how one does and she's not always nice."

tral counselor. She lived on a farm until she went to college and presently has relatives who are farmers. The young farmer and the business men in a small community suffer the most, she said.

Aside from the unresolved problems, farm life means a different sense of values and different way of life. To the common city student, is it a culture shock?

"I loved it!" said David Holt, senior. He worked the entire summer on his uncle's farm in Kansas. "But I love living outside and working with my hands... and getting dirty."

Mr. Frakes, Central foreign language instructor, enjoyed the solitude and peacefulness of farms. He lived on a family farm in Iowa until attending college. "I'm glad I grew up on a farm. It taught me responsibility and good work habits." As a child, Mr. Frakes earned a prosperous income by raising his own livestock.

After inheriting farmland from his grandparents, Alvie Goeser, junior, has grown to dislike the time he and his family spend on their acreage. "There's nothing exciting to do. Farm communities are out of touch with civilization."

Not only does he not mind spending time on farms, Tom Sederwicze, senior, said in spite

of the present hardships, he would rather be a farmer than employed by the city. Tom said people had a greater responsibility and the families were much closer and reliant on one another. "The city is too noisy. In the country it's easier to think."

Miss Valasek felt people were much friendlier and helpful in farm communities. She said families actively participate in the schools and churches so they are constantly busy.

Although some city students may not wish to become further acquainted with agriculture as an occupation, farming continues to provide an annual 6.25 billion dollars to the state's economy.

"Farming is risky," said Mr. Frakes. "One never knows the outcome. Nature dictates how one does and she's not always nice."

David said the farmers he met lived for just their farms and family. "You have to truly love it to stick with it." He said no matter how bad crisis got, most devoted farmers would choose to stay with their trade because that was the only job they knew how to do.

"It's not important to distinguish the differences between farmers and city workers but to know in the end we need to all work together," said David.



photo by Phil Berman

"I see Woody Allen as the comical savior of mankind," junior Josh France said.

Woody Allen follower collects memorabilia

Joe Fogarty

One man once said, "It is impossible to experience one's own death objectively and still carry a tune."

Are there any guesses as to who said it? At least one student at Central can identify the speaker and also rattle off many more of his aphorisms.

The student is junior Josh France. The speaker? ... "Woody Allen" would be Josh's emphatic reply.

Josh has studied Woody Allen's work since he saw "Love and Death" seven years ago.

"I can remember seeing the final scene when Woody walked off with Death and was instantly attracted (to him)."

Since then, Josh has seen 16 of Woody Allen's movies, read all of his books, several biographies, and collected classic memorabilia. He displays about 70 full color posters of Woody, all the same, on his bedroom wall. He has saved three or four magazines with early interviews of Woody.

Josh's adoration is not hampered by his parents. They do, in fact, encourage it and help him occasionally. "They give me leads on paraphernalia," he said. He added that his mother located one of his albums in Council Bluffs.

"I see Woody Allen as the comical savior of mankind," he said. "When you are smelling the miasma and death is all around, Woody Allen shuts off all the negatives."

Stereotypes, misconceptions surround elderly

Vina Kay

The population of people over 65 will increase until 2035 according to Dr. Jane Potter, chief of geriatrics and gerontology at the University of Nebraska Medical Center.

With the increase in the elderly population, society will have to adjust to interacting and communicating with older people. "Communication is important in every aspect of society, but we often find it difficult to talk with and understand the older population," said Dr. Mark Beischel, a psychologist at Omaha Psychiatric Associates.

Because of the huge generation gap between today's teenagers and the elderly, it makes it even more difficult for them to communicate with each other, Dr. Beischel explained.

Misconceptions

A common fear exists between the young and the old, according to Mrs. Genette Albertson, social worker at Montclair Nursing Center. "But the fears are not legitimate. They are due to the misconceptions they have about each other."

"Today's generation tends to view the elderly as people who are not interested in life and whose lives are over," said Dr. Potter. Mike Hargreaves, Central junior, agrees. "A lot of kids my age think old people are senile and crazy and don't matter anymore."

Mike added that old people stereotype just as much as young people. "They probably think we all just listen to rock music and dress wild."

"We can't get over these misconceptions unless we face them," says Mrs. Albertson. "I don't think we realize the store of information older people hold. They have seen this world go through its most drastic changes."

She added that teens can be just as beneficial to the elderly. "Teens give the elderly a positive outlook. They give them the opportunity to talk about themselves. Reminiscing about the past is very healthy for them."

Dr. Beischel cites the reason for the lack of communication as the fear of facing death. "Young people don't want to deal with it. They haven't faced the issue of immortality yet. They are at an exciting point in their lives and they can only think of living. But they have to realize that they will someday become old."

Common courtesy

Overcoming these misconceptions starts with the initial reactions teenagers and the elderly have toward each other. "When I'm nice to an older person right away, he is just as kind to me," said Sonna Voss, senior. "We can learn from each other with a little common courtesy."

"I'm not afraid of any age," says Mrs. Berta Stern, a resident at Montclair Nursing Center. "When someone is respectful and nice to me, I treat him the same way. We must respect all ages."

Many programs exist where teenagers can become more involved with the elderly. Mike suggested the adopt-a-grandparent program. Church organizations provide a "common ground" where age isn't a factor, said Sonna. Volunteer work is becoming more popular according to Mrs. Albertson. "Just walk into any nursing home and they'll give you some information," she said.

"The most satisfactory involvement is on an individual basis," said Dr. Potter. "Establishing a relationship with an older person can be very rewarding."

"We have much to offer each other if we just open up and share a part of ourselves," said Mike. "We have to look past the wrinkles."



photo by Phil Berman

not afraid of any age," says Mrs. Berta Stern. "When someone is respectful and nice to me, I treat him the same way."



Senior John Skoog anxiously awaits the coming ski season. "It's a feeling of exhilaration every time you go down a hill," he said.

Skiing expensive but worthwhile

Travis Feezell

Even though it's not Colorado, skiing is a popular sport in Nebraska. With two ski areas, Crescent and Trial Ridge, only 30 minutes away from Omaha, something like this would be expected. "I see the popularity of the sport really picking up around Nebraska," explains Jeff Bahnsen, manager of Bahnsen Sport and Ski Shop. "I can definitely tell because we sell a lot of equipment here... almost three-quarters of a million dollars each year."

Expenses

The equipment for skiing is rather basic, yet rather expensive. The most essential item is the skis which may run anywhere from \$180 to \$325. After that come \$35 ski poles, boots ranging from \$160 to \$300, and ski binding, another \$114 to \$150 expense. Add to that an expense of about \$250 for clothing and a heavy budget is formed. "If you're going to buy stuff instead of renting it," explains Bahnsen, "you may end up spending close to \$1000 at first shot."

The high cost, however, seems to be forgotten by avid skiers. "I

love skiing," explains Skoog. "It's a feeling of exhilaration every time you go down a hill. And with that exhilaration comes a feeling of power... like you are controlling nature. Skiing is just a really relaxing sport," he said.

"I love skiing"

Skiing seems to be a sport where encouragement is needed. Skoog was encouraged by his father. "My father was a skier and he passed it on to me... sort of like a family trait. I loved it from the first time I went out at age three. Without him, I never would have started to ski."

But Kelli Kubik, senior, had a different experience. "My grandfather took me one time and I hated it. This was when I was in second grade. All through second and third grade my grandparents or parents would drag me along to wherever they were skiing. Finally, I got the hang of it and kept on going because I liked it."

Skiing is now becoming a popular sport although it is quite expensive. It seems to be one of those sports, though, that requires a push to start. Without the push, skiing will remain a dormant idea throughout life.

Sidelines

Varsity boys' basketball raised its record to a perfect 2-0 with wins over Gross and Lincoln East. Led by Mike Beasley's 16 points, the Eagles coasted to an easy 56-46 win over the Cougars. Chico Holmes poured in 17 points the next night along with Beasley's 20 points to upset the defending state runner-up Lincoln East 58-52.

Larry Station and Dave Van Metre, both Central graduates, were selected to Academic All-American Football Team. Station, a senior linebacker at Iowa, is majoring in business. He led the once-beaten Hawkeyes to a Rose Bowl berth and the Big 10 championship. Van Metre, a

senior defensive lineman at Cornell has a 3.94 GPA in veterinary medicine.

Varsity girls' basketball evened its record at 1-1 with a 62-53 loss to Lincoln East. After defeating Gross 48-42, the Lady Eagles suffered their first loss at the hands of the Lady Spartans. The junior varsity girls also evened their record at 1-1 with a 36-30 loss to Gross and a 38-34 win over Lincoln East.

Sophomore Joe Salerno was recently selected as one of 75 high school All-American tennis players by the Prince Racquet Company.

Wrestling team completed successful North High National Tournament by placing seventh overall. Four members of the team placed in respective weight divisions include Mike Baker, fourth at 138, senior Sam Rizzuto, second at 185, Randy Rouse, second heavyweight, and Percy Brant fourth at 98.

Mike Beasley was recently featured in a preview magazine of the upcoming basketball season around the nation. Beasley was named one of the best 500 high school players in the United States, one of two in Nebraska.

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Extra Point

—Travis Feezell—

was a six-year-old boy just g tee-ball. The little tyke real good at the game, but joyed baseball. Sometimes the guy imagined if as being George Brett driving home the winning ut the reality of the vast in- at the YMCA brought him from his imaginary cloud. t was finally his turn to bat, ttle Samuel decided he was to be a hero. He swung at the tee and missed. He g again and still missed. e last time he nearly ed a tornado he swung so and whiffed. The boy had s out on a tee. He felt bad gh already when he heard esounding strains of his er's voice saying, "Samuel ond Smith! I am ashamed. will go home and stay in oom for four hours. You ot have dinner and ..." voice trailed on to ngness. The poor guy had it all before.

Parents

nes like this are not un- on. Parents today seem to o push and prod their way o the sports lives of their

children. Instead of encouraging them, the parents pressure their children, always wanting them to achieve the everlasting goal of winning and glory.

Dan Schinzel, a referee at the YMCA, saw a lot of this during his tenure there. "Parents can be a terrible influence on kids. Sure there should be some encouragement but not to the point of cramming sports down their kid's throat. I saw a few kids get frustrated and burnt-out because of their parents," he said.

Why do parents push their kids into sports, many times at a relatively young age? Mr. John Waterman, head tennis coach at Central, feels it has something to do with the background of the parents.

"The cause of the pushing is ego. The whimpy parents, who weren't athletes, want their kids to do well so they can bask in the glory they never got. The athletic parents want to relive that lost glory. It's interesting because sports doesn't build character ... it exposes character!"

Teenage instances

Where is the line drawn between encouragement and pushing? Many kids feel that if they had not been encouraged by parents, they would never have been interested in sports. "I believe kids should have a little kick to get them started," says Schinzel. "After that, let them (children) choose what they want to do."

Vernon Lee, an independent photographer, is one parent who has raised a son and has seen

him through the early years in sports.

"I've seen it all," stated Lee. "After raising a son through sports, I have definitely seen an attitude among parents. Because they are so full of pride when they see that child, they push him or her on harder. They have no concern for the child's feelings. But I do see parents being more concerned these days. Their obsession with winning is dying down."

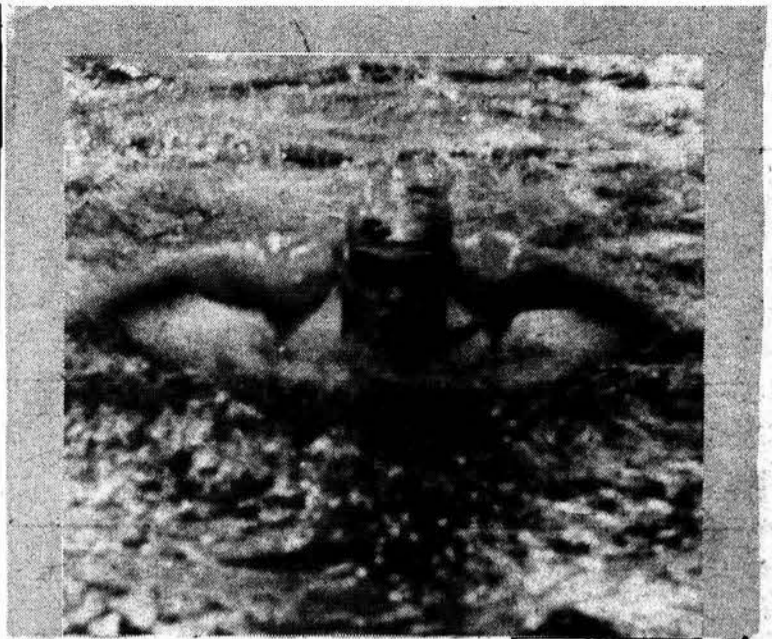
Encouragement

Lee is one of the "good" parents who has encouraged rather than pushed sports. He has given his son a chance to do what he is interested in.

Senior Mike Salerno has also been this fortunate. "My parents showed me athletics at an early age ... maybe six or seven. When I was ten, though, they basically said I could do whatever I felt like and that they would support me."

A person who wished to remain anonymous related this story. "I knew a tennis player who had a terrible mother. Rumor had it, and I stress rumor, that whenever this kid lost, his mother would take him home and punish him. Now this may be farfetched, but there may be a glint of truth because so many people had heard the same story, some directly from the player. It's attitudes like this that must stop."

And so they must. If parents are to continue pushing, children may never reach their full potential in life.



Practice makes perfect

photo by Val Spellman

Swimming is a sport which requires both mental and physical abilities. Concentration and mental toughness will always help a swimmer.

Swimmers dive in

Dan Rock

The girls' and boys' swimming and diving teams are off and splashing. Practice began on November 11, and Mr. Mark Allner, boys' swimming coach, says, "Practice has been real productive so far."

Both the girls' swim team and the diving team have new coaches this year. Girls' swimming coach Ms. Debbie Chedal is a travelling elementary physical education teacher for Omaha Public Schools and Central's new girls' swimming coach. She attended Westside High School where she won second place at the State Championship Swimming Meet. She also was named

an all-American swimmer. "She is a great coach; she's been at state and knows how it feels," said Danielle Miller, senior.

"The team has the speed this year. We just need to work on the little things," said Travis Mood, junior.

The entire team seems optimistic. "I said last year we'd be better this year and we are," said Coach Allner.

One thing that does hamper the swim team is the 40-minute travelling time to Norris Junior High for practice everyday. "The lack of facilities hurts us. Every holiday we miss two days of swimming; you can't do that if you want to be successful," said Coach Allner.

Steroids: First gains create lifelong problems

er Davis

ids are rapidly becoming the most controversial in athletes today. Much controversy stems from visible ill-effects that have associated with steroid use.

William Reed, Central's football coach, feels that his first came to public at- during the 1968 Olympic

Many athletes from es other than the United had taken steroids and ed very successfully.

their success, steroids e popular to "help boost etic body," said Mr. Reed. physicians began to be the drug to athletes eeded extra "bulk" for ort.

Richard Jones, Central t principal, said that in ginning steroids were t to be harmless. He said as not until recently that ng has come out that is nown about steroids."

st recent information on s points to their involv-

ment in disease, stunted growth, and cancer.

Mr. Reed, who has been reading up on steroids to find their true dangers, ran across a case which involved a professional hockey player that had

"There should be a rule against steroids in high school athletics.

built a career on steroids. Ultimately, the player's rotator cups in his hips dissolved and he was crippled. Physicians involved in the case pointed towards steroids as the cause of incident.

The "Physicians' Desk Reference" lists the drugs Durabolin and Deca-Durabolin as anabolic steroids. Anabolic steroids are synthetic derivatives of testosterone, the male sex hormone. The book also lists possible liver diseases and cancers and the stunted growth of young adults and children as possible side effects. The book also states that steroids in no

shot in the dark," he said.

"The sole function of an anabolic steroid in athletics is to increase muscle tissue and strength," said Dr. Michael Jones, an Omaha gastroenterologist and liver specialist, "and they do work for this purpose. Their risks," he added, "including the potential for serious liver disease, do not justify their use for athletics."

Anabolic steroids increase protein synthesis, and for them to be effective, the user must have adequate intake of protein and calories. The result is a rapid increase in muscle tissue.

"It's too big of a chance," said Mr. Reed, "for as little as one will get out of it."

Mr. Reed also found that a withdrawal period sometimes occurs after the user stops taking steroids. "The withdrawal mirrors the withdrawals from LSD and cocaine, except in my opinion, it's worse," he said.

After a user stops taking steroids, his muscle tissue decreases to a level equal or below the muscle level prior to

use. "It could take a while for the body's natural hormones to build up again," said Dr. Jones.

In the Omaha Public School athletics there are no rules directly affecting the use of steroids.

"We (Metro area coaches) see it as a drug," commented Mr. Reed, "so we treat it as a drug."

Mr. Jones also said steroids would be treated as any other controlled substance and that possible expulsion of the user would result.

"If there are no rules to regulate it, there may be some kids willing to take the chance to succeed," Mr. Reed said, "I think there should definitely be a rule against steroids in high school athletics."

"It's a shot in the dark."

One reason why no rules now exist for the use of steroids specifically in high school athletics is because the problem is thought to be almost nonex-

istent by coaches and the administration. "I don't think there is a problem with steroids in high schools," commented Mr. Jones.

Most athletes also feel that steroid use is very minimal in high school, but they did feel that some athletes at Central have or are now using steroids. Central football player Chris Sacco said that "steroid users would be outcasts of their team since everyone else had worked hard naturally."

Perhaps views like these influenced three Central athletes to withhold comment on their use of steroids. All three of the athletes had admitted to either taking steroids or to thinking about taking steroids in the future. They refused to comment on the issue even with their identities being withheld.

The administration doesn't feel that steroids pose an immediate threat to high school athletics and most athletes reflect this view even though, as one athlete said, "steroids are going to be a very serious problem in high schools in the future."

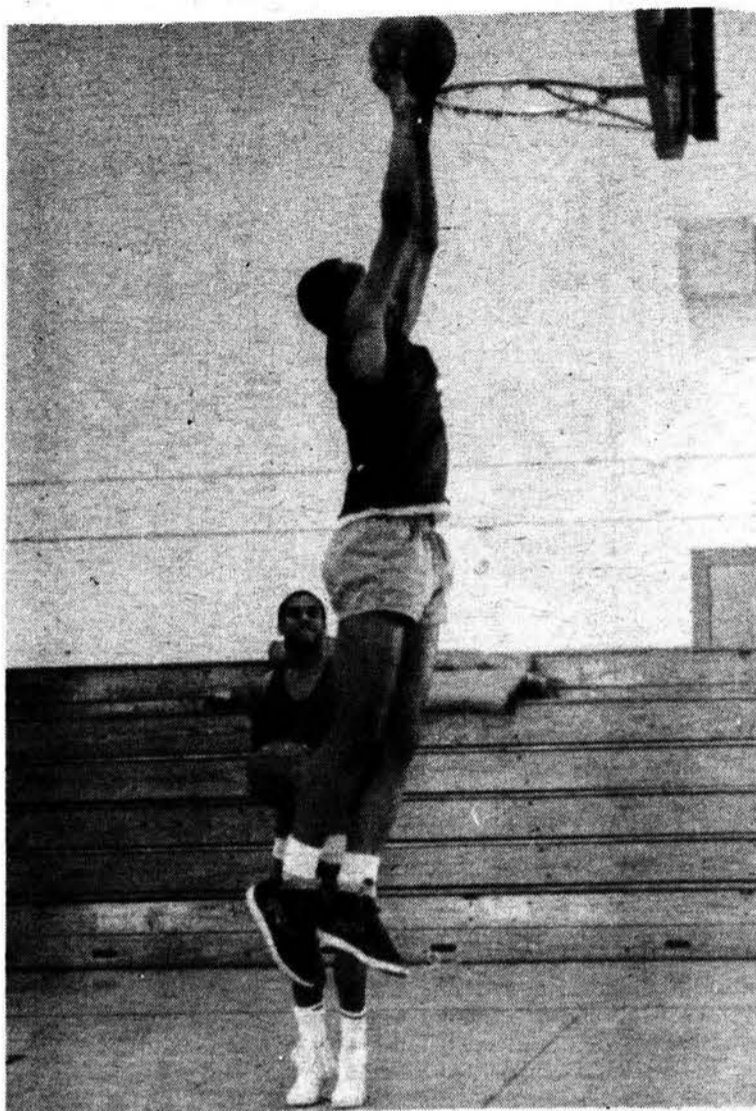


photo by Shanda Brewer

Senior, Shane Sessions, "Slam Dunks" showing the sentiments of the basketball season of the spirited Eagles.

Basketball Eagles pound court

Thatcher Davis

The 1985-86 boys' basketball season has started and with its commencement comes the promise of a successful season for all three boys' teams.

"I think we have an impressively good team this year," said Mr. James Martin, boys' varsity coach. Coach Martin also expressed his feelings that the varsity team will probably produce more than is expected this year.

"We've been lucky with a few good transfers," remarked Coach Martin; "the team also plays very well together."

This year's junior varsity coach is Mr. Richard Behrens, last year's sophomore team coach.

The experience of coaching junior varsity basketball has given Coach Behrens a chance to work with taller and more talented players than he is accustomed to. He also feels that coaching many of the sophomores he had on his team last year on this year's junior varsity team is an added benefit.

Mr. James Galus, the new sophomore team coach, has coached boys' basketball at Cathedral High School for six years.

"My sophomore team has more talented players than I've

ever had as a basketball or a football coach," said Coach Galus. "We have unlimited potential."

Coach Martin said that his varsity team has a few exceptionally good players. "We have some tall players that are quick and have a good shot," said Coach Martin.

He also feels that as the year unfolds, the boys' varsity team will be playing stronger defense and that could cause the opposing team to have many turnovers. In addition, Coach Martin said the team is quick and the fast-break will give the Eagles many points.

The only problem Coach Martin can foresee for his team is inexperience in varsity play. "Most of the players are coming from last year's junior varsity team and have played little or no varsity basketball," he said.

Coach Behrens also feels that the pressure of trying to make the varsity squad will not hinder his team's performance during the season.

In contrast, Coach Galus feels that some of his sophomores may try too hard in their attempt to climb to the junior varsity team. "Some of the players may play more for themselves than for the team at times," commented Coach Galus, "but we've got a lot of talent."

SPORTSOLOGY: Mental awareness debuts in sports

Dan Rock

Athletic records were meant to be broken, and throughout the ages they have been. In order for athletes to become faster, stronger, and smarter than their predecessors they have had better techniques of training.

The current trend of athletic training has stressed pumping weights and working with your body to become as strong as possible. A new technique of training is rapidly becoming consumed by not only athletes and trainers, but also business leaders. The mental workout is now thought to be as important as the physical workout and in fact, make the physical workout much more effective.

New techniques

The belief many sports scientists have today is that the average athlete does not realize or use half of his or her potential. In order to bring out the most in an athlete, sports scientists believe the athlete must go through some form of mental training.

Two popular forms of mental training are positive imagery and subliminal messages. "The old coaching method was the holler, holler, kill, kill, type of approach. In this the players stress became so high they could not perform well and a negative affect was given off," explained Dr. Georgia Bichetts, sportsologist. "Now we try to build an athlete's confidence by positive reinforcement and thinking."

Mrs. Sue Gambaiana, Central volleyball coach, said earlier this year, "If they believe in themselves, they can be winners."

Advertising

Subliminal messages are used to penetrate into the athlete's subconscious that he is a winner and will perform to the best of his ability. Dr. Jack Thomas, UNO psychology professor, said, "The studies of subliminal messages show that they are no more effective than out-in-the-open messages."

Although both of these techniques are just making their debut in sports, they have been used for a long time in other areas.

Perhaps the most famous form of subliminal messages came in the later 1960's. The Coca-Cola company placed a single frame of a cold cola bottle in different places in a movie. The single frame went by so fast that a person did not consciously see it, but rather had a subconscious picture of a cola in his mind. The effect was the same as if a plate of food was placed in front of someone. The mind visualizes eating it and glands secrete saliva. The results were phenomenal. It was typical for half of a theater to get up and buy a coke. This form of advertising was eventually banned.

"If they believe in themselves they can be winners."

Positive imagery is being used in conjunction with chemotherapy for cancer patients at Methodist hospital. The patients actually imagine their white blood cells fighting and winning the battle. If the patient has a tumor, he is instructed on how to concentrate on an image of the tumor shrinking. Documented cases of cancer have disappeared through this treatment.

Since 1980 mental aspects of sports have been gaining popularity among athletes and coaches. The swim team at Westside High School uses positive imagery. The process begins with relaxation. "First we start with the lights off in the pool area and the entire team lying on the bleachers," explained Mr. Doug Krecklow, Westside swimming coach.

"I then have them visualize an ice cube melting and concentrate very hard on it. This trains their minds to visualize." The process continues with each swimmer visualizing him or herself taking each stroke, every breath of air, and each kick in a race. The swimmer concentrates on how it should look, feel, and sound.

The end of the process is the swimmer visualizing him or herself winning the race. Coach Krecklow said, "It gives the athlete a keener sense of the sport and builds their confidence."

Central's wrestling team also uses positive imagery and relaxation. The team uses relaxation tapes made by Al DeLeon of the University of Iowa. The tapes have background music of waves and seagulls. A voice that projects over the beach sounds tells the athlete how to relax each part of his body, part by part. After the wrestlers are relaxed, the coach instructs the team to think about every move they would make against an opponent in a meet.

Mr. Gary Kubik, Central wrestling coach, said, "An athlete, especially a wrestler, needs to know how to control his emotions. He needs to know how to become tense and explosive, but he also needs to know how to relax because if he is always pumped up he will become burned out."

Coach Krecklow of Westside said, "Positive imagery is very good for tight tense moments. For example, with no time outs left, one second on the clock, game tied, and a kid has a free throw for the state championship. There is no way to practice for that. However, you can practice that a million times in your mind. Your mind doesn't know the difference between realism and imagination."

Andrew Sanchez, former central wrestler, said, "Positive imagery gives you a definite advantage."

Dana Stunberg, Westside junior swimmer, explained, "After using it you feel more confident and assured yourself."

Commercial uses

Commercial companies specializing in sportsology sprung up in recent years. Mark Spitz Sportsology company was organized a year and a half ago. The clinic is based in Omaha but is also working with the National Aeronautics and Space Administration (NASA).

The company in its first months experimented with Kearney State football team. The team had lost its first three games, then went on the Spitz program. The team won the rest of its games, including division playoff games against tougher teams than the three.

The clinic does primarily the same as Central's wrestling and Westside's swimming. Sportsology Inc. teaches a person how to relax him or herself totally within 30 seconds.

Sportsology does this by numbering each part of the body and teaching a person to relax backwards from 8 to 1. Every number the person relaxes that part of the body. It takes about two weeks of practice to accomplish this.

Kearney State football

Dr. Georgia Bichetts, Spitz sportsologist, said, "The techniques we use are based on the concept that the brain works in the present tense." The clinic teaches the client to think of winning in the present tense, rather than in the future tense where the brain puts it off until the future.

Sportsologist Inc. works with both teams and individuals. The cost for a four hour session for an individual is \$350.

The clinic also works with business and industry people. "We recognize that performance is not limited to athletic competition. Boardroom negotiations, closing a sale, and a major presentation all call for performance and a winning attitude."

Westside's American Athletic Union swimming club brought a man with a degree in psychology to help in mental awareness. Coach Krecklow stated, "We had problems with the session. The psychologist went too deep to the spiritual level."

Mr. Krecklow still thinks positive imagery is good, however, he thinks, "It has a coach who applies it and the kids have to have a lot of faith in that coach."